



Evolving Patterns That Define Us **Wisdom of the Artist**

Paintings & Perspectives
by Christopher Van Buren

VANBURENPUBLISHING

It all ends in art

Wisdom of the Artist

Evolving Patterns That Define Us

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E-Book
by
VanBurenPublishing

Available from
www.vanburenpublishing.com

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The Series



This book is part of the Wisdom of the Artist series by VanBuren Publishing, designed to bring you practical wisdom from a different kind of teacher.

Check out the entire series at:

<https://launchmoxie.com/artist-series>

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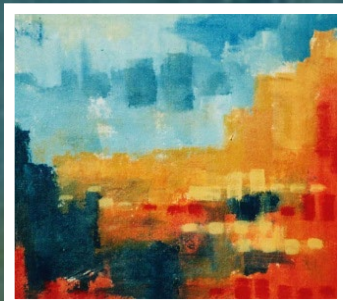
An abstract painting with a textured, layered appearance. It features a grid of squares in shades of blue, brown, and orange, overlaid with thick, dark, expressive brushstrokes that create a sense of movement and depth. The overall color palette is warm and earthy, with a focus on browns, oranges, and blues.

art is life, life is a path

Art is a reflection of who we are and how we live. It's a mirror of our own personal journeys as artists -- the world we see, the phases we go through...they become the elements that keep showing up in our work. They are the tell-tale signs of who we are.

It's not an individual work that counts, but the body of work. The progression. The journey from beginning to end. The evolution.

Like life...art is a path. And it reveals not just who we are but who we are becoming. As artists, we are simply walking the path.



an evolution

Artists evolve. Their styles shift and their techniques change. Most artists go through periods that are defined by certain characteristics, like Picasso's famous "blue period."

We all have a blue period in life. And a red period and a gold period. And as we pass through these shifts, we are growing and evolving. We are working out our pain and our troubles. We are seeking answers. We are expressing what it is to be living.

This is what life is really for...to live, evolve. To deepen in our own expression and to become more mature artists of the canvas of life.

Looking back on our lives, we may not always be pleased with every period, every phase we passed through along the way. Maybe our mid-thirties were rife with troubles and arrogant battles with our lovers or our business partners. Maybe we look back on our childhood as a difficult time. Or maybe we are even ashamed of some of our works of art and wish they were destroyed.

But it's who we are becoming – not who we have been – that matters. Just like it's the art we haven't yet created that matters most. It's the evolution that defines our lives – not the specific events.

Special Place 1 & 2
Magic Beach 1 & 2
All works: Acrylic on Canvas
45 x 45 cm



patterns

As artists, we can look at our art and find the patterns that define us, the elements that keep showing up over and over, through all the phases we go through.

It's also true for life. There are always patterns that emerge that define us. Relationship patterns. Money patterns. Belief patterns.

These patterns are the characteristics of our souls that want to be revealed – the promises that we are trying to keep with ourselves and our journey. Often distorted, the patterns reveal something deeper.

As artists, we are lucky, because our patterns in art are usually reflections of our patterns in life.



Special Place A, B
Acrylic on Canvas
45 x 45 cm


and you?

What are the predominant characteristics in your works of art and life?

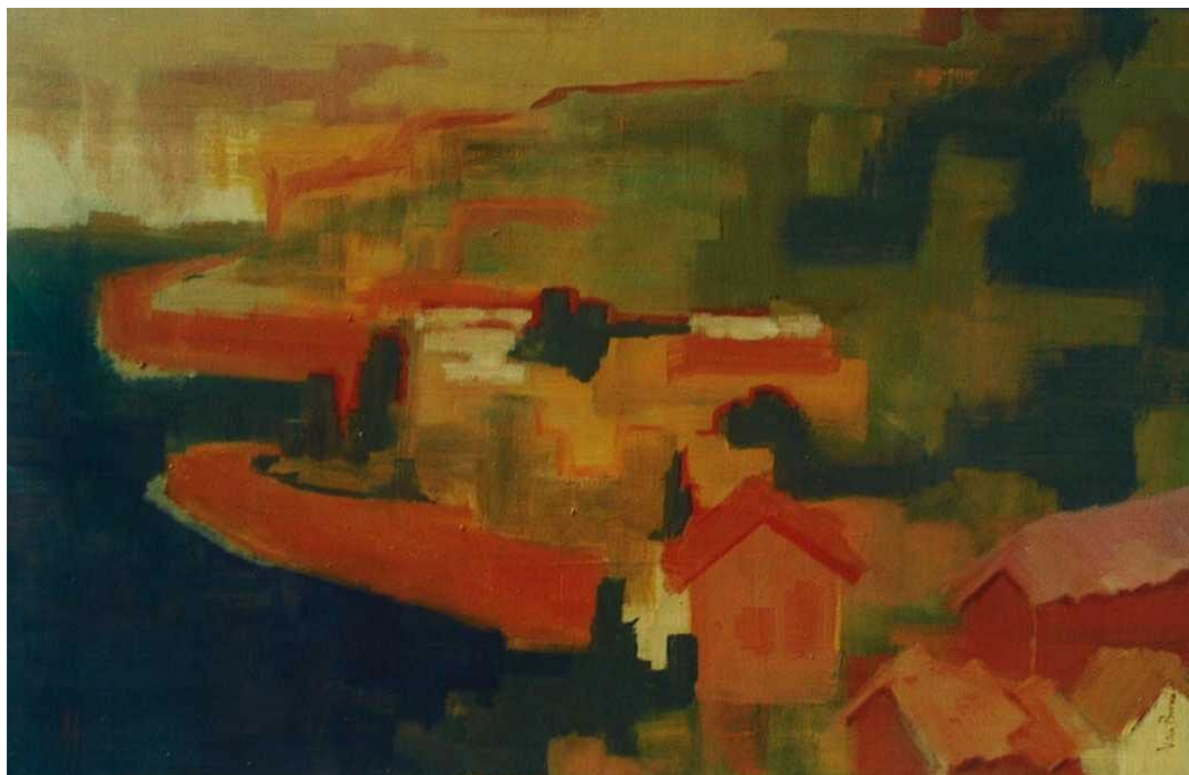
Are you a realist or do you prefer abstraction – or perhaps something in-between?

What images do you pay attention to? People, landscapes, surreal messages, the sacred geometry of the world?

What colors enter into your life canvas? What does each color represent?



BH Hills
Acrylic on Canvas
45 x 45 cm



Waterfront
Acrylic on Canvas
90 x 140 cm



Untitled
Acrylic on Canvas
90 x 140 cm

the soul

I believe it is the soul that is evolving. It is the soul that has a purpose for being here. The events of this lifetime are small compared to the larger path that the soul is taking lifetime after lifetime.

We are here to express the soul and, as artists, we have the privilege of expressing this through words, sounds and images.

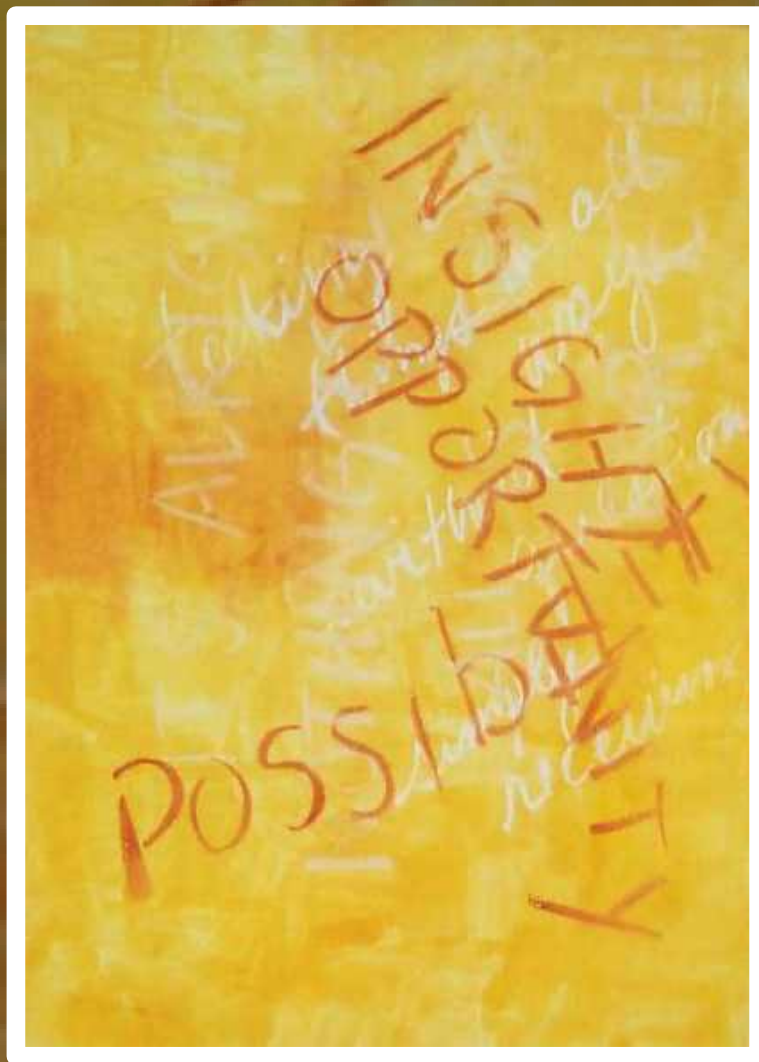
In life, we express the soul through our actions and through the things we create that last beyond this lifetime: Relationships. Friendships. Acts of goodness. Reputation. Children. The service we give others. Our own evolving phases. Memories. Moments of pure beauty.

It's what we create that counts. We are all creators and we are all artists. Life is art. Art is life.

the artist

Christopher Van Buren is a California artist who left the United States for Brazil, where he spent seven years traveling the country, learning about the art world in South America and acquiring galleries to represent his work. "I was not expecting to enter the art world in Brazil...but when I got settled into a small colonial town, I immediately fell in love with the country and its art. I stayed more than seven years in Brazil, perfecting my work and showing to galleries throughout the country."

His work appears in many private collections, including the noteworthy collection of a Brazilian state senator. He appeared on Brazilian TV in a feature about artist's studios and participated in several exhibits in galleries, business locations, and educational institutions. His work was also featured in architectural showcases. Today, he lives in the United States.



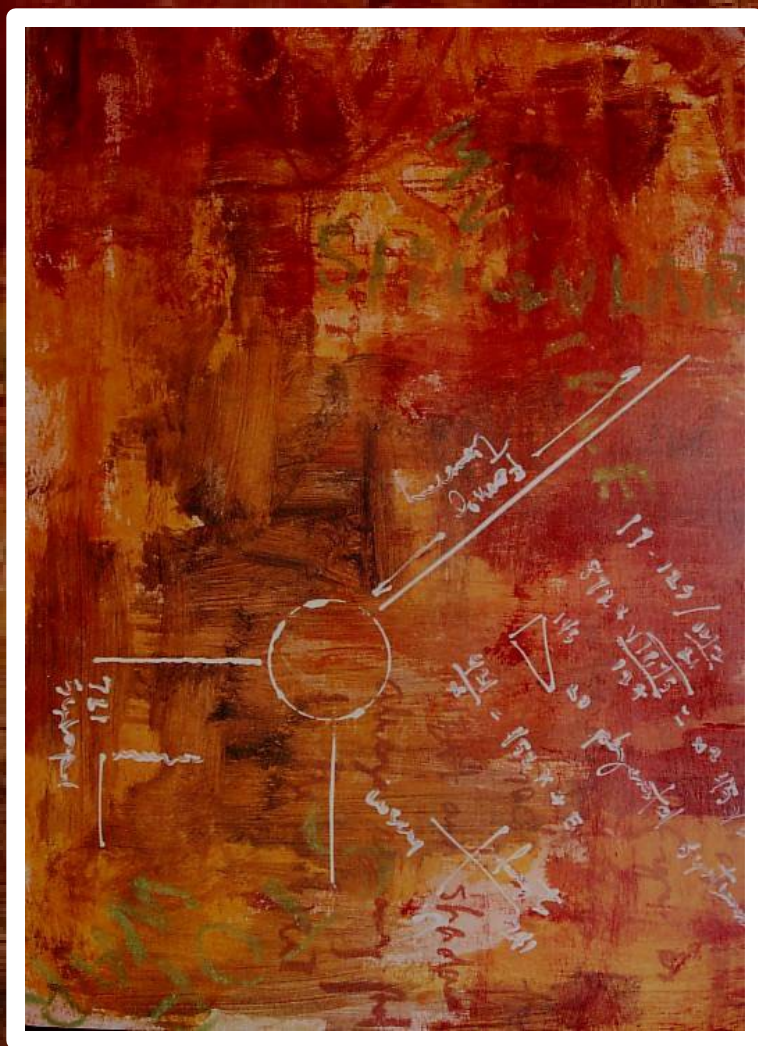
Possibility
Mixed Media on Heavy Board
90 x 140 cm

parting thoughts

The greatest lesson I've learned from art is that we can always keep working on a piece until we are satisfied with it. Nothing is hopeless or unsalvageable. You can keep the parts you like and re-work the parts you don't. If all else fails, you can paint over it and use it as a foundation for something new.

And while many artists describe that feeling of divine dissatisfaction with their work, there is a time to stop and appreciate where it has arrived. This is the evolution itself.

So keep working on the areas that don't satisfy you, but know when to stop and appreciate what you have done and who you have become. Become your own greatest fan – the fan of your evolution and path as an artist of life.



Science
Mixed Media on Heavy Board
90 x 140 cm



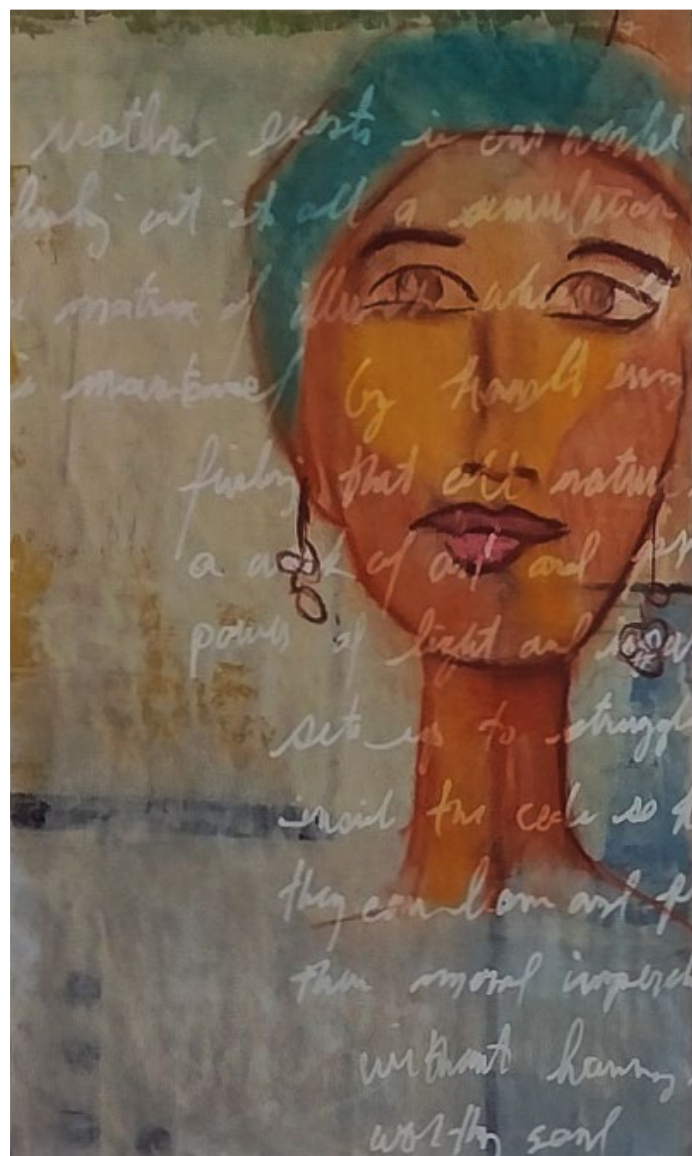
That's Not It
Mixed Media on Paper
160 x 220 cm

The final expression
of our evolution
of this species
is in final
stage of
realization and
manifestation.

We will keep
the fear.

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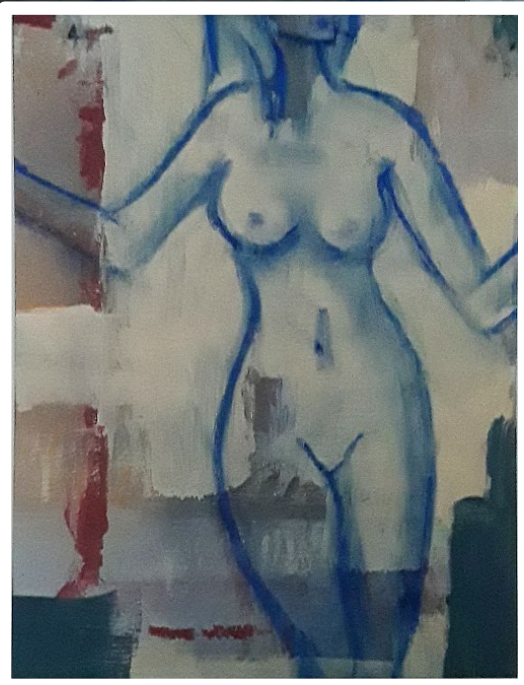


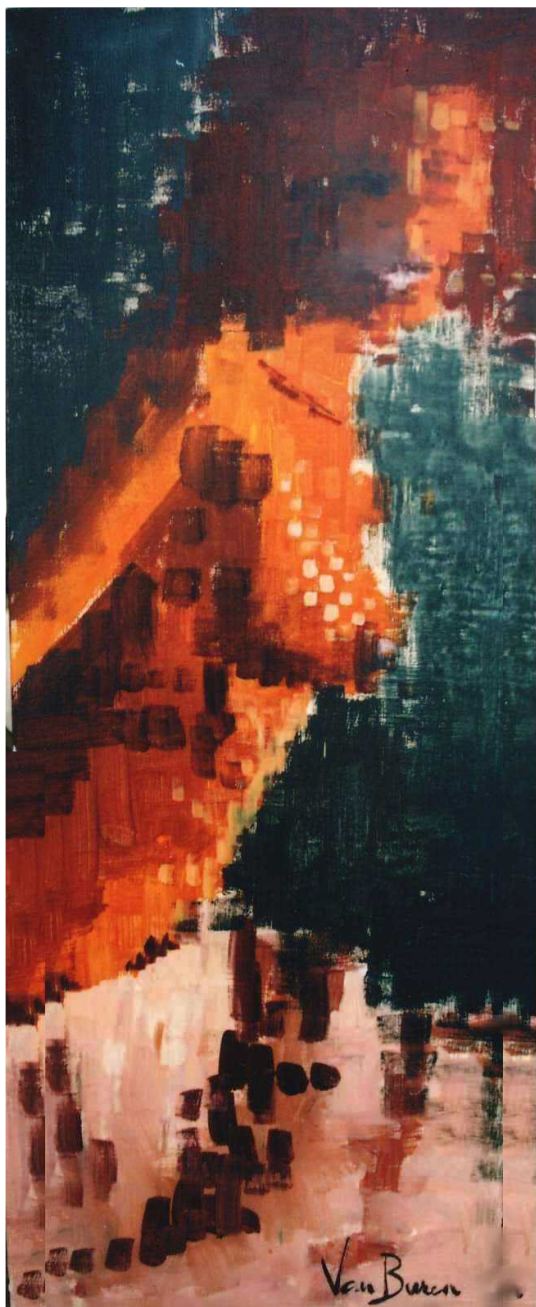
Face-1
 Mixed Media on Paper
 15 x 30"

Blue-1
Mixed Media on Paper
10 x 13"



Blue-2
Mixed Media on Paper
10 x 13"

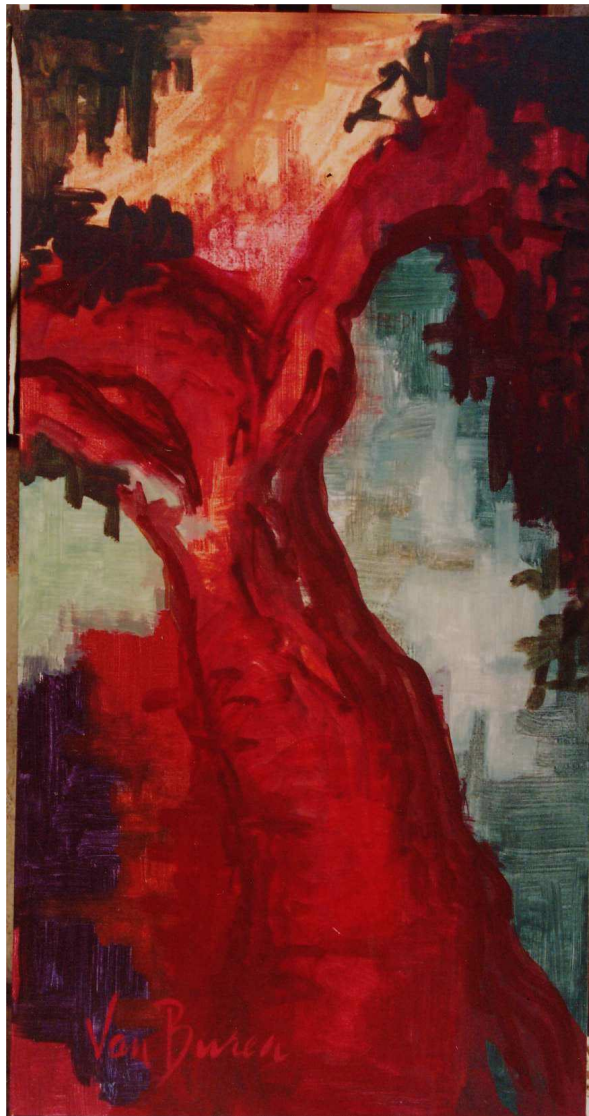




Woman with Blanket
Acrylic on Canvas
45 x 160 cm



Zulmira
Acrylic on Canvas
45 x 45 cm



The Tree
Acrylic on Canvas
90 x 160 cm



Waterfront
Acrylic on Canvas
90 x 140 cm





See more from this artist at:
www.christophervanburen.art